

CARLETON ATHLETICS STUDENT MEMBERSHIP



RAVENS
CARLETON UNIVERSITY

Do I qualify?

- ❖ **If you're currently taking classes at Carleton, and are paying ancillary fees to Carleton, your student membership is included!**

How do I get my membership?

- ❖ **You're already set - it's activated in your student card. Just swipe in at the Welcome Centre and go!**

What's included in my membership?

- ❖ **Full access to the recently renovated, state-of-the-art, 11 000 sq. ft. Fitness Centre**
- ❖ **Use of the swimming pool during allotted times**
 - **Please refer to schedule online**
<http://athletics.carleton.ca/facilities/>
 - **or ask your friendly Welcome Centre Staff (the schedule is fluid)**
- ❖ **Use of Squash Courts**
 - **Squash balls available for sale at the Welcome Centre**
 - **Bring your own racquet or rent one at the Welcome Centre! (ID required)**
 - **Book your squash court in advance at the Welcome Centre to avoid disappointment**
- ❖ **Open Rec: Play organized sports at Norm Fenn Gym**
 - **Please refer to schedule online**
<http://athletics.carleton.ca/leagues/> or ask at the Welcome Centre

Are there any other perks? (Of course there are!)

- ❖ **Intramural leagues are very affordable, and entirely exclusive to Carleton students, faculty, and staff**
- ❖ **25% discount towards fitness and instructional programs (such as the CUFit Pass)**
- ❖ **If the Field House is available for use, with doors open, you can use the track**

- ❖ **You receive the best prices on facility and room rentals**
- ❖ **There is an Open-House week at the beginning of the Fall and Winter term. Try out fitness and instructional classes free of charge, and find a good match for you!**

Tips

- ❖ **You can use the lockers in the change rooms for a 3 hour period while you work out!**
 - **Bring your own lock, or purchase one at the Welcome Centre**
- ❖ **Bring a towel!**
 - **Things will get very sweaty, very fast. You will be glad you brought one.**
 - **If you prefer, they are available for rental as well**
- ❖ **Buddy system**
 - **It's good to have someone spotting you if you're hitting the weights, and it's always more fun with a friend**
- ❖ **Talk to us! We're here to help.**

- ❖ **www.athletics.carleton.ca -> info regarding facilities, rentals, leagues, instructional classes, and other memberships**
- ❖ **www.goravens.ca -> Varsity Teams and Competitive Clubs info**